



THE INSIDE RUNNING

We know that as husbands we are called to love our wife as Christ loved the Church (Eph 5:25). What does that look like? Christ served the Church and when you drill down, one of the things a successful marriage is built on is acts and words of kindness as we serve each other. That is one of the foundations of love.

As I look forward, I have come to the conclusion that the end game for my marriage is to grow old together as friends who like each other. Aaron's article gives a powerful key to reaching that goal – consistently giving kind words and deeds.

Too often, disagreements turn into offence, hurt and rejection. Over time if this continues it can become a war, and one of the first casualties is kindness.

The amazing thing is that these attitudes may seem set in concrete but they can be reversed when one spouse takes a lead in kind communication and behaviour. The way we interact together can be the problem or the solution.

Let's remember to be kind and live happily together with our best friend to a ripe old age!

With gratitude

John Subritzky



Be Kind

by Aaron Ironside

Gary Chapman helped millions of couples with his book *The Five Love Languages*, in which he identified five "languages" that communicate love to those around us.

I quickly saw that I was a "words of affirmation" and "quality time" person, whereas my wife Debbi valued physical touch above all others.

Many couples are frustrated when they discover that they do not share a common love language with their spouse, reinforcing just how different two people can be.

As insightful as the love languages can be, I want to suggest we all "speak" one language that can strengthen our marriage - kindness.

"Kindness is the strongest indicator for a successful long-term relationship," according to Professor Arthur Aron in *Discovery Health*.

What is kindness?

Kindness is a biblical virtue and is often defined as charitable behaviour towards others. It also involves care and consideration.

Investigators from the Open University discovered individuals take great heart from the simple acts of kindness their other half shows to them, including making cups of tea and taking out the bin.

Entitled *Enduring Love - Couple Relationships in the 21st Century*, the study considered the views of more than 4,000 adults and suggested washing the dishes can almost be as effective as giving a dozen red roses as a means of expressing love.

They found that a generous marriage has a much greater chance of being a happy one.

Feeling appreciated goes a long way to making someone feel good. In fact research shows it makes both the giver and the receiver happy. Kind acts help engender a sense of gratitude, which is linked to positive feelings. And the giver benefits from the altruism, another important factor in studies of well-being. >





As a culture we underrate the importance of kindness in our romantic relationships. We are enamored of the grand gesture – such as being whisked away on a holiday at short notice. But the researchers have concluded it's not the big displays of affection but rather the small, frequent, even mundane, ones that matter.

Kindness kickstart

1. Look for the good

Be on the lookout for small acts of kindness and service by your spouse. Notice them. Maybe even write them down. What things has your wife done for you lately that you appreciate?

2. Actively build positive experiences into your relationship

What are some of the activities and traditions that you and your wife enjoy together? Sitting and talking for a few minutes every day? Taking walks? Watching a favourite program together? A certain hobby? Discuss together the things that build your relationship and make them a regular part of your life together.

3. Some things simply don't need to be said

Each of us has limitations and weaknesses. It is not helpful to think about our partner's weaknesses a lot or to talk about them. Most of us are motivated by being loved and supported. When you are tempted to say unkind things, you might make a practice of saying instead, "Right now I am frustrated. I want to wait until I'm feeling better to make any requests and suggestions."

4. Help her

What are some things that are especially difficult for your wife? How can you help in those areas?

5. Practise spontaneous kindness

Do something nice just for the sake of it! Pick up a cute greeting card, buy some flowers, give a back rub or cook her favourite dish. Kindness between you and your wife can definitely help improve your relationship and help you grow closer. Start with a small act of kindness today!

What's on the DVD



FEATURED SPEAKER: Kris Baines - The Call to Love - Kris has served as a pastor and youth pastor and is now itinerant. He divides his time between Bible teaching, Men's Ministry development, music ministry and composition. Kris has composed the theme music for the last three Promise Keepers Events. He also works as a paramedic. Kris and Becky have 6 children under 12 years. He has some great insights into marriage and family to share with you! 22 min

PANEL: Footsteps Worth Following - Some great wisdom about having a good family environment and culture so that a powerful legacy is created in children. 11 min 30

BONUS FEATURES:

- **The Stand Medley** 4 min 30
- **Pure Power 2014 Event Promo: Launch** 1 min 40
- **Group Leader Video: Capturing Momentum** 3 min 30
- **Kris Baines - Loving Your Family:** How Kris had his eyes and heart opened to his role as a father. How to live without regrets. 13 min
- **Stephen Kendrick - Fathers:** Kris Baines and Stephen Kendrick on loving and leading families. Full version with out-takes! 5 min
- **John Bevere - Freedom from Pornography:** His story of struggling with porn even while in ministry. Keys on how he found complete freedom. This is a different approach and has real spiritual depth. 14 min

HUMOUR CLIPS: Are you Siri-ous; The Difference Between Men & Women - Vince D'Acchioli; Dude Perfect Stunt Driving Edition 12 min

BETTER WORK STORIES: Deer rescue: Something we haven't seen before – deer on ice! 2 min 20

DVD EXTRA RESOURCES:

Access these using Windows Explorer (PC) or Command F (Mac)

ARTICLES: Including Jeff Stearns - *Teach Your Children Well*; J Lee Grady - *Ten Men Christian Women Should Never Marry*; Sheila Wray Gregoire - *One Hot Mama*; Amy Smalley - *A Sharp Warning That Your Marriage is in Trouble*; Robert White - *Living Courageously*; Nikki Bray - *Connecting With Your Teens, Five Things I Wish I Had Known Before Marriage*; Kevin Forlong - *Encouragement, What They See is What They'll Be*; Francis Frangipane - *Follow Your Hunger, I Do Not Remember*; Derek Prince - *God's Abundance: The Promise Received*

RESOURCES: Including *Weekly Studies* for Men's Groups with Facilitator Guidelines; *Men's PK Stories - The Call 2013 AKL*; *Pure Power 2014 Event Brochure*; *Pure Power 2014 Group Leaders' Resources*; Kris Baines *The Call to Love - Study Questions & 2 PowerPoints*; Tom O'Neil - *Stance Blogs - June & July*; Bible Reading Plans & more...

MP3s: Including Derek Prince - *Husbands & Fathers* 118 min; Dan Seaborn - *Winning at Home* 46 min; **PK Canada:** Rick Verkerk - *A New Life* 49 min; **PK Canada Classic:** Colin McCartney - *Keeping Your Kids on Track* 57 min; **PKNZ Classics:** Gary Grut - *Beyond the Call of Duty* 32 min; Mark Beale - *Welded Together* 33 min

Passing on your beliefs

PROMISE #4

A Promise Keeper is committed to building strong marriages and families through love, protection, and biblical values.

Next Issue: FRIENDSHIP

pure POWER

IGNITE... ACTIVATE... GO!

Men's Events 2014

CHRISTCHURCH 22-23 August

WELLINGTON 12-13 September

AUCKLAND 3-4 October



Power up - Register now!